

## MEETING PRESENTATION 2

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*IDRC Grant/ Subvention du CRDI: 108983-001-Measuring the healthiness of Ghanaian children's food environments to prevent obesity and non-communicable diseases*

# The Ghanaian [Urban] Food Environment: An Introduction



Professor Amos Laar

School of Public Health, University of Ghana  
[alaar@ug.edu.gh](mailto:alaar@ug.edu.gh)



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## UNIVERSITY OF GHANA

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SCHOOL OF PUBLIC HEALTH

Netherlands Food Partnership – Online Exchange. October 1, 2020

# Background

## The Ghanaian (Urban) Food Environment

Bottlenecks, challenges, and opportunities for the Ghana-NL Multi-Stakeholder Coalition to addressing them

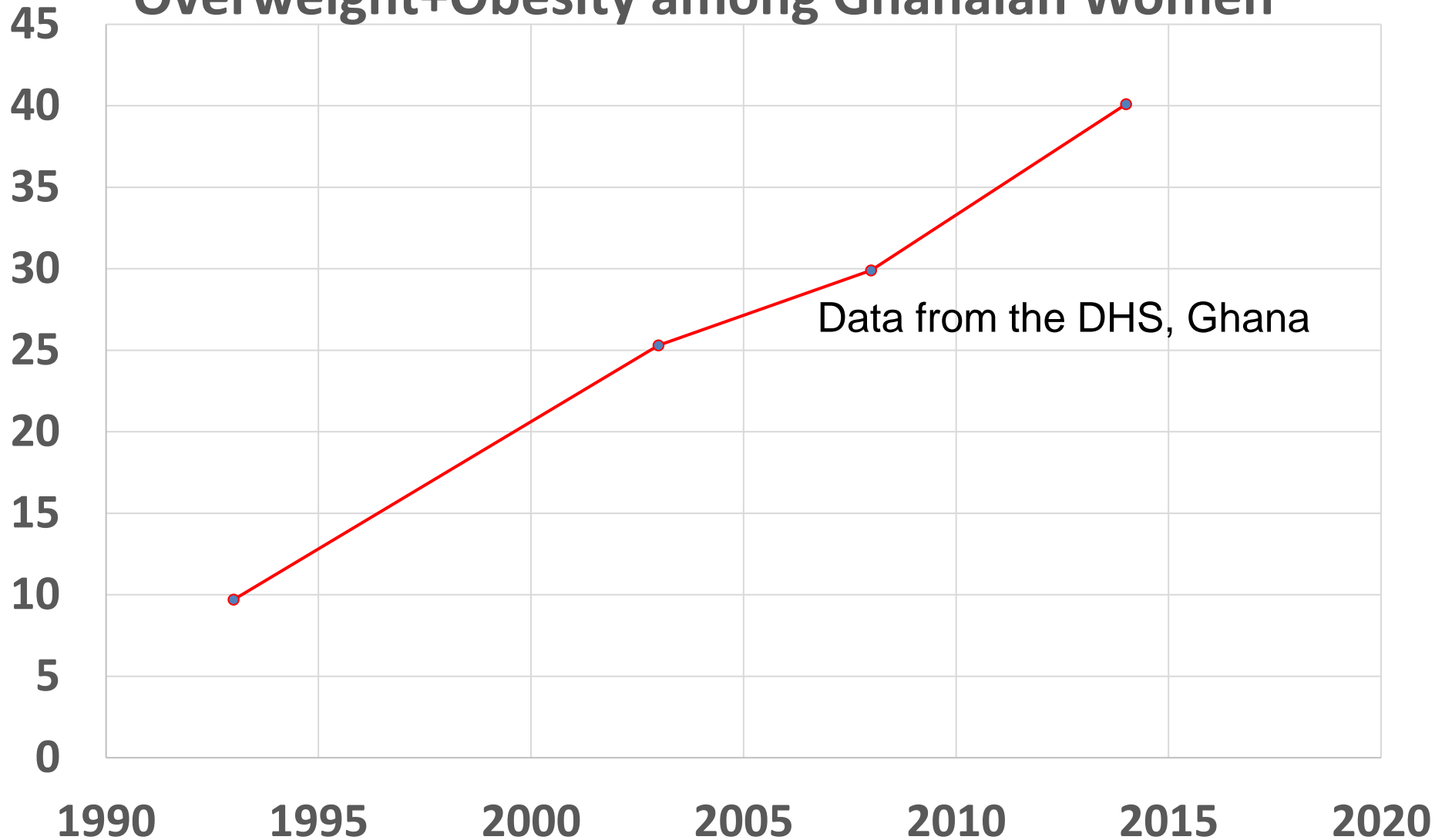


Ghana, like other African countries, is experiencing a rise in the prevalence of obesity and nutrition-related non-communicable diseases (NR-NCDs)

Analysis covering the period, 1980–2015, reveals >500% increase in prevalence of adult obesity in Ghana \_*IHME University of Washington*

# Background

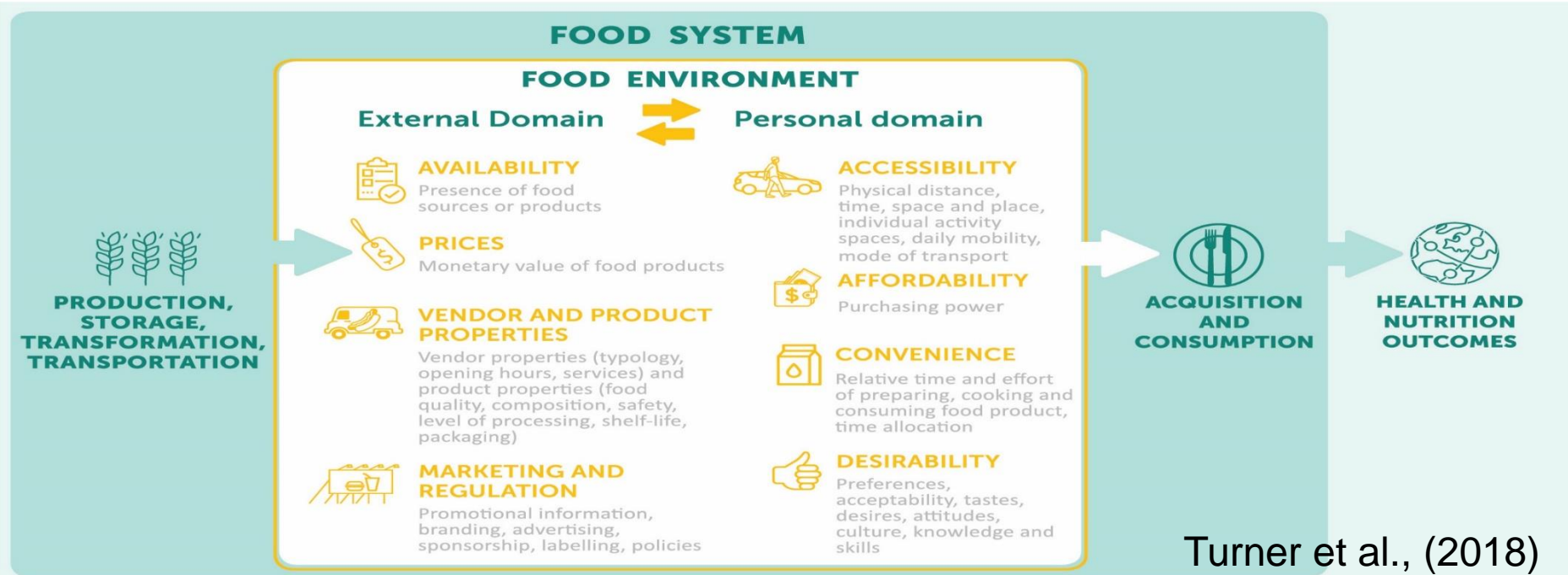
## Overweight+Obesity among Ghanaian Women



# Concept of Food Environment

Swinburn et al concept of FE in 2013

Food environment is an interface within the wider food system (FAO, 2016; HLPE, 2017; Turner et al., 2018).



# System challenges/bottlenecks & how we are responding to them

- **Data poverty**
- **Gradualism/policy inertia**
- **Policy focus** – from feeding to nourishing
- **Anemic governmental responses/actions** esp. on the part of governments
- **Smart private sector** yet to contribute meaningfully → **smart food systems**



# We engaged:

- Individuals
- Communities
- Local stakeholders
- National stakeholders

Efforts including the

## **DIETARY TRANSITIONS IN GHANAIAN CITIES:**

LEVERAGING EVIDENCE FOR POLICY AND  
INTERVENTION TO PREVENT DIET-RELATED  
NON-COMMUNICABLE DISEASES

JANUARY 2019

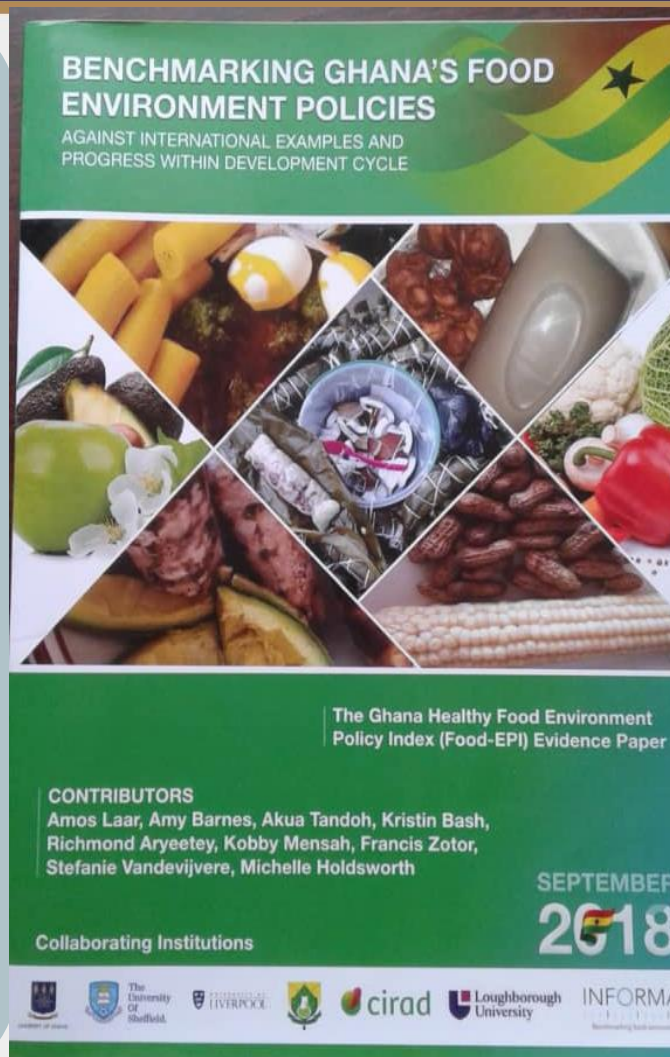


# The Ghana Food-EPI exercise Benchmarked Ghanaian FE...

## Aims

Assess the extent of Government's implementation of recommended policies to create healthy food environments.

Identify priority actions for the Governments to take forward in partnership.



## Benchmarking Ghana's Policies for Creating Healthy Food Environments

Compared to international examples and in relation to stage of local policy action.

Ghana Healthy Food Environment Policy Index (Food-EPI) country scorecards and priority recommendations for action

January 2019

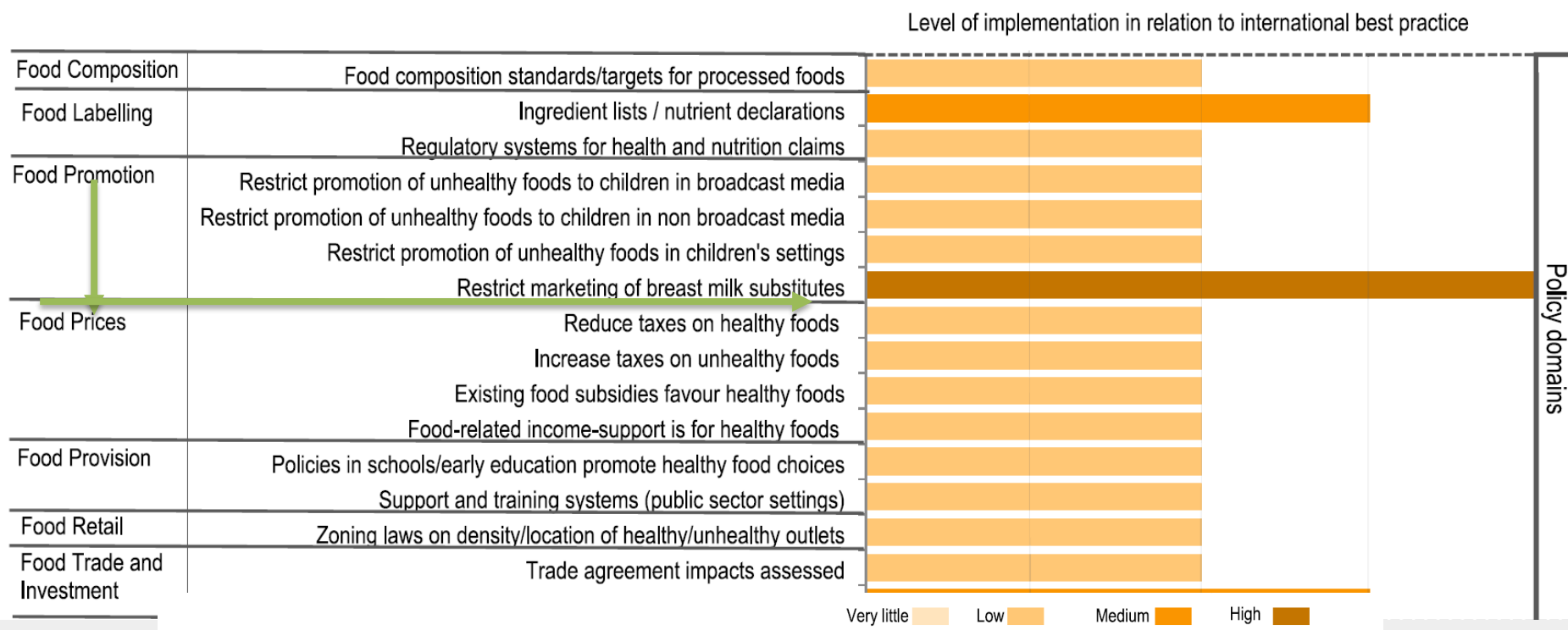
Laar, A.; Tandoh, A.; Barnes, A.; Bash, K.; Aryeetey, R.; Mensah, K.; Vandevijvere, S.; Holdsworth, M.

Collaborating Institutions:





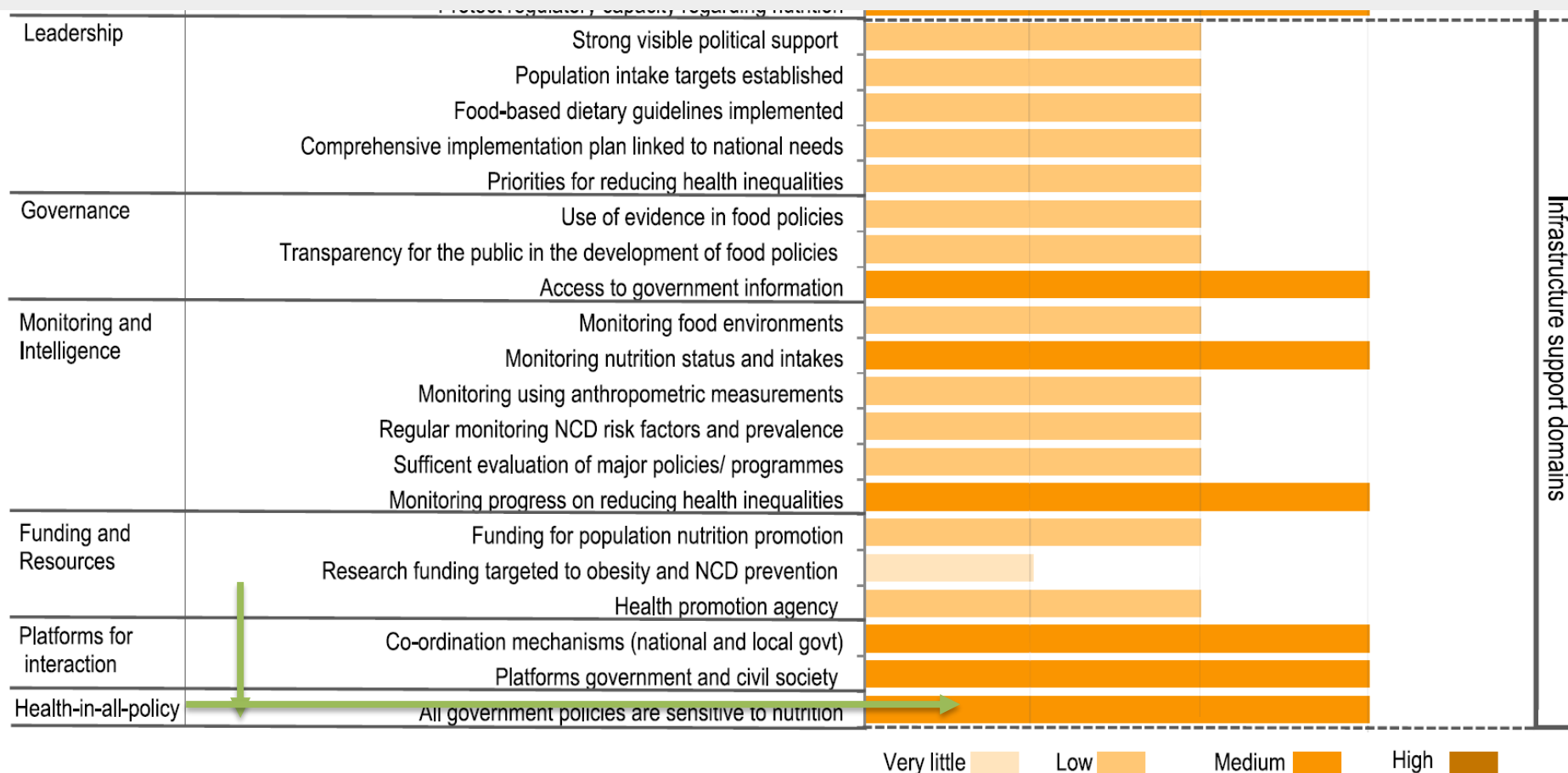
# Gaps in nutrition policies



Laar et al. 2020



# Gaps in nutrition policies



# Healthiness of foods and non-alcoholic beverages marketed on popular Ghanaian Televisions channels (targeting children)

Irene Kumi and Amos Laar

- Of the 1,926 adverts recorded, 590 were of foods and beverages.  $\frac{1}{4}$  of advertised foods were SSB

## Healthiness of foods on promotional flyers of fast food outlets located within Accra-based shopping malls

Patiene Tsrach, Wilhemina Quarpong, Amos Laar. [World Nutrition Vol 11 No 3 \(2020\)](#)

- 100% of the foods (n=79) on the promoted flyers were unhealthy
  - comprising high sodium/saturated fats (n=36), high sodium exclusively (n=40) and high in added sugar foods (n=3).

# Investigating foods and beverages sold and advertised in deprived urban neighbourhoods in Ghana and Kenya: a cross-sectional study

Mark Alan Green ,<sup>1</sup> Rebecca Pradeilles,<sup>2</sup> Amos Laar,<sup>3</sup> Hibbah Osei-Kwasi,<sup>4</sup> Nicolas Bricas,<sup>5</sup> Nathaniel Coleman,<sup>6</sup> Senam Klomegah,<sup>7</sup> Milka Njeri Wanjohi,<sup>8</sup> Akua Tandoh,<sup>6</sup> Robert Akparibo,<sup>9</sup> Richmond Nii Okai Aryeetey,<sup>6</sup> Paula Griffiths,<sup>2</sup> Elizabeth W Kimani-Murage,<sup>8</sup> Kobby Mensah,<sup>10</sup> Stella Muthuri,<sup>11</sup> Francis Zotor,<sup>7</sup> Michelle Holdsworth<sup>12</sup>

A high availability of SBB (39%), as well as processed/fried foods (42.4%)  
– EDNP/EDNR

## Commercial food advertising on the campus of Ghana's largest University

Gideon Amevinya, Wilhemina Quarpong, Amos Laar [World Nutrition Vol 11 No 2 \(2020\)](#)

- Of 503 advertisements recorded, ~50% were food ads; → ~ 60% of food were unhealthy
- ~ 4 of 10 advertised food products were SSB

The logo features four vertical bars of increasing height from left to right, colored light green, medium green, dark green, and orange. To the right of these bars is the text 'MEALS4NCDs' in a large, sans-serif font. 'MEALS' is light green, '4' is medium green, and 'NCDs' is orange.

# MEALS4NCDs

Providing Measurement, Evaluation, Accountability  
& Leadership Support (MEALS) for NCDs Prevention

- **Current focus:** restricting unhealthy food marketing to children and improving school nutrition environments
- **Gov't MDAs** (MoH, NDPC, FDA) **UN Agencies** (UNICEF, WHO), **CSO** (NCD Alliance, VALD), **INFORMAS/International Experts, & Ghanaian Law makers/ Members of Parliament**
- **Future:** Activating other actions – the regulatory, legislative, and fiscal levers of the food environment policy arsenal are



# Opportunities 4 Ghana-NL Multi-Stakeholder Coalition

- Challenges enumerated earlier do present opportunities
- Opportunities exist to improve local food environments and respond to NR-NCDs.
  - The Ghanaian Government has demonstrated political commitment to the prevention and control of NCDs
- Coalition(s) are relevant/needed
- Taking a FS approach may require coalition of coalitions
- Coalitions should be complementary and synergistic, and not duplicative
- The Ghana & NFP coalition, the MEALS4NCDs coalition, & others can create common space to work collaboratively

# Convening a critical mass of experts → Africa Food Environment Research Network (FERN)



1ST AFRICA FOOD ENVIRONMENT RESEARCH NETWORK (FERN) MEETING  
FERN 2020 VIRTUAL MEETING

THEME: Connecting Food Environment Researchers across Africa  
DATE/TIME: November 3 - 5, 2020 | 12:00 GMT - 4:00 GMT (+ 00) each day

DETAILS

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FERN → collaborative environment & cross-pollination of ideas towards creating healthier FEs in the African sub-region. It will stimulate capacity building, in particular among younger researchers.

## 1st Africa Food Environment Research Network (FERN) Meeting | FERN 2020 | Virtual Meeting

### FERN 2020 Virtual Meeting

November 3 - 5, 2020 | 12:00 GMT - 4:00 GMT (+ 00) each day

*\*The programme is a draft subject to change*

**Meeting Theme:** Connecting Food Environment Researchers across Africa

### FERN Meeting 2020

1st Africa Food Environment Research Network (FERN) Meeting

November 3 - 5 2020, Accra, Ghana

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For more information ...

[alaar@ug.edu.gh](mailto:alaar@ug.edu.gh)

<https://www.meals4ncds.org/en/>